



## BRING BULLYING TO AN END

***Protect yourself. Protect others.***

Bullying is when one person or a group of people repeatedly hurts someone else. Bullying can be hitting, gossiping, threatening to harm, keeping others out of cliques, making fun, and ignoring others. There are also other ways people can bully. Bullying is often done on purpose and it can happen anywhere, such as at school, in the park, on a sports team, or even at home. In fact, bullying is common—*millions* of teens have been involved with bullying. For everyone involved, bullying can have serious effects that can last for a long time.

### **Being bullied can play a role in:**

- Sadness and even depression.
- Poor body image and eating disorders.
- Skipping school and bad grades.
- Headaches, stomach aches, and trouble sleeping.
- Thoughts and acts of suicide, in very bad cases.

### **Being a bully can play a role in:**

- Stealing and fighting.
- Unhealthy drug and alcohol use, as well as smoking.
- Being a bully as an adult.

### **What can you do if you are being bullied?**

- ✓ Tell an adult.
- ✓ Tell the bully to stop and calmly walk away.
- ✓ Do not fight back because you could also end up in trouble.
- ✓ Lighten the mood and distract people by making a joke.
- ✓ Make new friends and get involved in activities that interest you.
- ✓ Don't blame yourself.
- ✓ Be strong and believe in yourself - it's the bully who has a problem, not you.

### **What can you do if you are a bully?**

- ✓ Put **yourself** in their shoes to understand how your bullying is hurting others.
- ✓ Make a change and be friendly to others.
- ✓ Make healthy, positive friendships.
- ✓ Find a new activity to do such as exercising.
- ✓ Talk to an adult you trust about how to change your ways - they will be proud of your efforts.
- ✓ Admit that you are a bully, and that your bullying is hurting people.

### **What can you do if you see someone being bullied?**

- ✓ Don't join in on bullying.
- ✓ Don't help spread rumors.
- ✓ Tell an adult.
- ✓ Make sure the person who was bullied is okay, and tell him or her to talk to an adult.

Visit [www.4girls.gov](http://www.4girls.gov) for more information!



U.S. Department of Health and Human Services, Office on Women's Health